Resources

- The Walking Center (International Council on Active Aging)
- Building a Walking Workout (Arthritis Foundation)
- Walking for Your Health (Go4Life from the National Institute on Aging at NIH)
- Moving Ahead: Strategies and Tools to Plan, Conduct, And Maintain Effective Community-Based Physical Activity Programs for Older Adults: A Brief Guide (CDC Prevention Research Centers-Healthy Aging Research Network)
- Create the Good: Walking Group Toolkit (AARP)

Research Articles

- Effect of Ecological Walking Training in Sedentary Elderly People: Act on Aging Study (The Gerontologist, 2013)
- Rural Neighborhood Walkability: Implications for Assessment (Journal of Physical Activity and Health, 2015)
- Walking Workstation Use Reduces Ambulatory Blood Pressure in Adults With Prehypertension (Journal of Physical Activity and Health, 2015)

News Articles

- Walking Fends Off Loss of Mobility, And It's Not Too Late to Start (NPR, 2016)
- Walking Every Week May Help to Fight Common Form of Dementia, Study Finds (Medical Daily)